



Some resources to help you look after yourself:

- Women's Health Queensland Wide Inc
www.womhealth.org.au
- PANDA (Perinatal Anxiety and Depression Association)
www.panda.org.au
- beyondblue
www.beyondblue.org.au/resources/for-me/
pregnancy-and-early-parenthood
- COPE (Centre of Perinatal Excellence)
cope.org.au
- 'mind the bump' or 'mindfulness for pregnancy' app

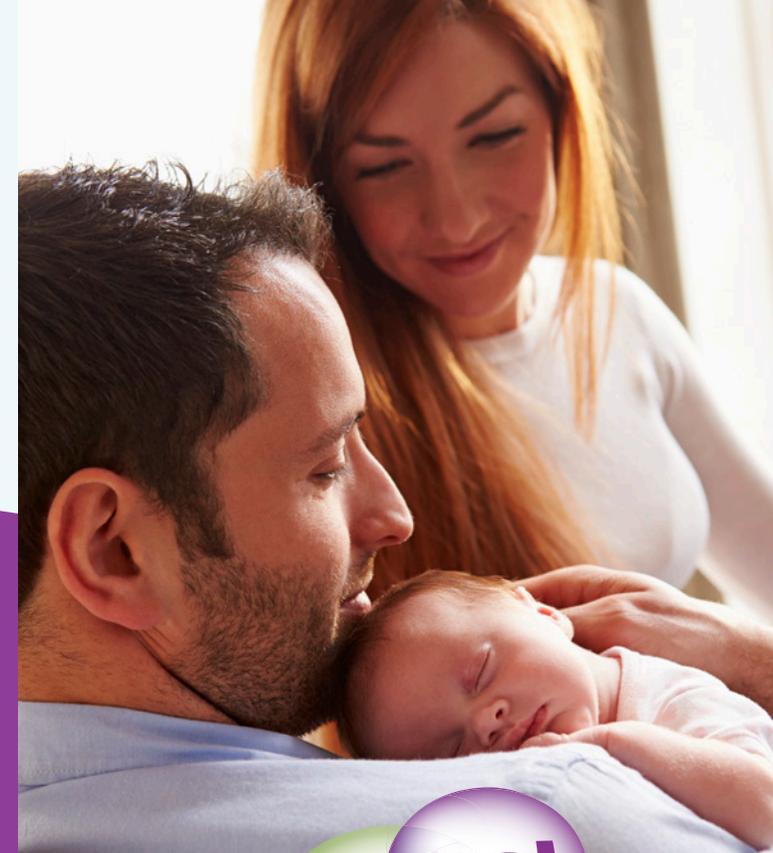
It's not uncommon to experience symptoms of anxiety or depression during pregnancy or early parenthood. If worry or stress is stopping you from enjoying life as you normally would, seek advice from a health professional – a nurse, midwife or doctor.

How can I get support?

- Talk with your midwife/doctor at your next appointment
- Contact Women's Health Queensland Wide Inc to:
 - Register for Midwife Check-in
 - Join a peer support group

www.womhealth.org.au

For additional copies of this brochure, contact Women's Health Queensland Wide Inc www.womhealth.org.au



Supporting good emotional health and wellbeing for expecting and new parents
It's important – for you and your baby.

actbelongcommit.org.au

womhealth.org.au

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Keeping mentally healthy is just as important as staying physically healthy. Remember to A-B-C.

act

Keep physically, socially, spiritually and mentally active. Being active helps us cope with stress, builds friendships and lifts our spirits.

Engage in fun activities and stay connected with your friends and community. Focus on doing things you enjoy.



commit

Commitment gives us a sense of meaning and purpose in life, which builds our self-esteem and resilience.

Becoming a parent is a big challenge in itself.

Commit to continuing your activities and set yourself small, manageable goals. Celebrate when you achieve them!

Relaxation techniques and mindfulness can support good mental health. Try to set aside some time each day that is just for you.

The more mentally healthy we are, the happier we feel, which helps us cope with problems and stresses in life.



Consider signing up to birth and parenting classes and learning more about emotional health and wellbeing.

belong

Having a sense of belonging helps us build friendships and feel good. It creates opportunities and strengthens communities.

Maintain your connections with friends and social groups. Connect with other expecting and new parents. It can be fun and helpful to share your experiences with those on the same journey as you.

Being part of a birth and parenting class can build knowledge and connections.

